EXPERIENCE THE BU MBA FIRSTHAND

OCT 21-22

RSVP

Questrom School of Business

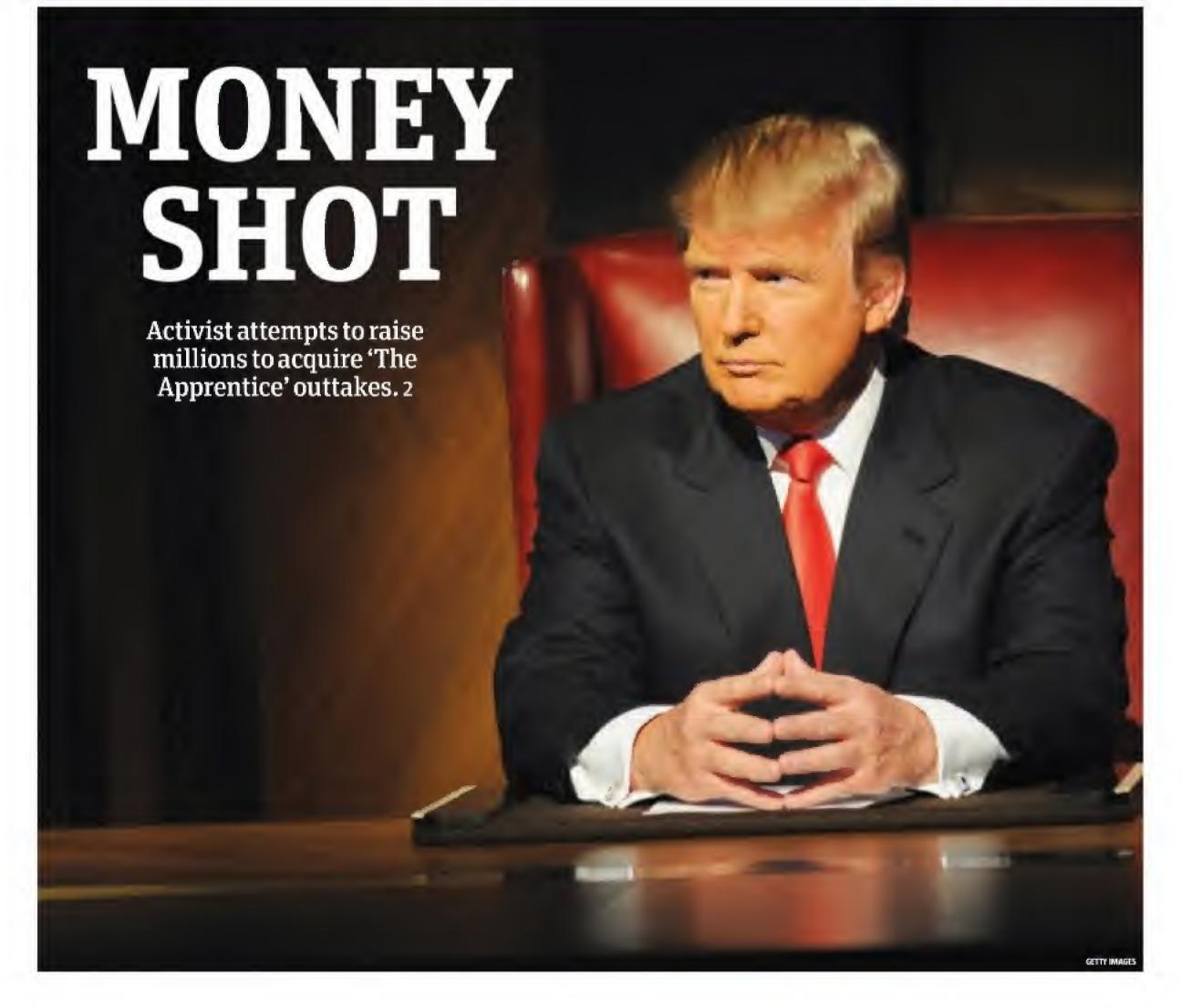
How to get kids to eat their veggies. 15

Jimmy G presence is good for Tom Brady. 16





Tuesday, October 11, 2016 www.metro.us | t: MetroBOS | f: MetroBoston



3 things you need to know

SPEAKER RYAN DISTANCES HIMSELF FROM DONALD TRUMP

Donald Trump suffered another political setback when House of Representatives Speaker Paul Ryan distanced himself from the Republican presidential candidate's troubled campaign. Ryan, according to someone familiar with a conference call held by the speaker and House Republican lawmakers, will not campaign with Trump in the run-up to the Nov. 8 elections and will not defend the Republican Party nominee. The source did not say whether Ryan intended to withdraw his support. for Trump. But a spokeswoman added that the Wisconsin congressman will focus on maintaining a Republican majority in the House. REVIEWS

DUBAI SAYS STARTS BUILDING WORLD'S TALLEST TOWER

Dubai said it had started building what would be the world's tallest tower, another record for the city that is already home to the highest skyscraper - the Burj Khalifa. The Tower at Dubai Creek Harbour — a joint venture between Emaar Properties and Dubai Holding, the investment vehicle of the emirate's ruler, Sheikh Mohammed bin Rashid al-Maktoum - will be completed in 2020, Dubai's government said. Its statement did not say how high the tower would be nor how much it might cost. Guinness World Records defines a tower as a structure in which less than 50 percent of the total height is useable floor space. The world's tallest tower is the Tokyo Sky Tree, a 2,080-foot-high broadcasting, restaurant and observation tower. REUTERS

US TOP COURT TO HEAR APPLE-SAMSUNG FEUD **OVER IPHONE DESIGNS**

After five years of litigation, the U.S. Supreme Court will hear arguments on Tuesday in The bitter patent dispute between the world's two top smartphone manufacturers over the amount Samsung should pay Apple for copying the iPhone's distinctive look. The justices' ruling, due by the end of June, could have a longterm impact for designers and product manufacturers going forward because the Supreme Court, if it agrees with Samsung, could limit the penalties for swiping a patented design. Samsung Electronics Co Ltd paid Apple Inc \$548.2 million last December, fulfilling part of its liability stemming from a 2012 verdict for infringing Apple's iPhone patents and copying its look. But Samsung will argue before the Supreme Court that it should not have had to make as much as \$399 million of that payout for infringement of three patented designs on the iPhone's rounded-corner front face, its bezel and the colorful grid of icons that represent programs and applications. Neurons

METRO'S NEWS QUIZ

You read Metro to stay on top of the news. Now's your chance to find out how much you know. Take our daily news quiz to test your knowledge by going to www.metro.us /news-quiz to submit your answers.

- What is the deadline to register to vote in Massachusetts?
- 2. How many points per game have the Patriots given up this season?
- 3. Which fashion retailer did Brian Tyree Henry of the TV show "Atlanta" work for before making it. big as an actor?

GoFundMe campaign raising \$5M to surface footage of Trump allegedly using the N-word

"The Apprentice" insiders claim there are instances of Donald Trump using racist language but which are heavily guarded with contracts and fines.



A Massachusetts activist has started a GoFundMe. campaign in the hope of raising millions of dollars to secure video proof that Republican presidential candidate Donald Trump has used racist language evidence that could shatter his POTUS dream.

Aaron Holman, of Somerville, and a few good friends, opened up the "Trump Sunlight Campaign" on Sunday to raise more than \$5 million to acquire the video, which could be buried under contractual fees and NBC network licenses.

Following the explo-sive leak of "Access Hollywood" footage of Trump's predatory, genital-grabbing storytelling, rumors swirled that somewhere. out there are even more damaging outtakes from "The Apprentice" that allegedly contain Trump us-



Donald Trump speaks during the second presidential debate at Washington University, certy images

ing the N-word.

"We are so confident that there is something more than nothing out there, and we want to make sure that if there is a person out there worried about legal or financial penalties that we have their back," Holman told Metro.

Production insiders from the reality show claim Trump has said "much worse" in footage that is contract-protected and have a "leak fee" of \$5 million.

"I don't have the tapes. I've signed a Burnett contract & know leak fee is 5 mill. Hearing from producers/crew N word is the "much worse," tweeted Chris Nee.

Holman set his Go-FundMe campaign goal at \$5.1 million to cover the potential legal fees and fines a whistleblower might face for releasing protected footage. As of 5 p.m. Monday, the campaign had drawn in about \$14,000.

Given the pace of the fund's growth so far, Holman believes they will raise the \$5 million by Election Day, and noted that a few high-profile doners have given sizeable

"I think that a lot of

people suspect something very large is happening and they want to help find out what that is."

Even if someone does not come forward with a tape, the money raised will be used for uncovering the truth, as he pledged to donate unused funds to the Center for Investigative Reporting.

"The next best thing is to continue to support people who are doing good reporting," Holman

The initial rumor of alleged footage started on Sunday on Twitter.

producer on seasons 1 & 2 of #theapprentice I assure you: when it comes to the #trumptapes there are far worse. #justthebegininng," tweeted Bill Pruitt.

"We don't have the legal right to give out the footage from that show," the NBC spokeswoman confirmed.

from typical Aside network protections. the show's creator Mark Burnett happens to be a Trump supporter and friend - a friend who may be keen to shelter a bombshell that might turn attention to perceived racist undertones of Trump's campaign.

For expanded version, visit metro.us

Readers crown Trump as debate winner in Metro poll

As they did a two weeks ago, readers declared Donald Trump victorious in Sunday's debate by a wide margin, according to Metro's unscientific online poll.

Nearly 71 percent of the poll participants felt the Republican candidate won the second presidential debate, which some new media have described as the nastiest faceoff in modern history.

Only 27 percent of the readers deemed Hillary Clinton the debate winner.

Twelve percent called it a tie. Readers selected Trump as the winner of the first presidential debate by a margin of 62 percent to 27 percent in the unscientific poll of Metro readers.

Although Metro readers apparently think very highly of Trump, a CNN poll taken Sunday night indicated that Clinton decisively triumphed in the debate. Of those polled, 57 percent said Clinton won.

Trump's poll numbers were sliding even before the debate.

An NBC News/ Wall Street Journal poll taken just before the town hall debate,



showed Clinton leading Trump by 13 percentage points in a head-tohead matchup. The GOP candidate's slip in the poll was attributed to the release of the 2005

videotape of Trump making vulgar, sexually aggressive comments about women.

The videotape proved to be the flashpoint topic of Sunday's debate. Trump continued to dismiss his taped remarks as "locker room talk" and moderator Anderson Cooper pressed him on the issue.

"This was locker room talk," Trump said. "I'm not proud of it. I apologized to my family. I apologized to the American people. Certainly, I'm not proud of it, but this is locker room talk." GARY HAVE

These 15,143 local homeowners chose our windows. Renewal Charles of the Chose our windows.







SAVE \$275
ON EVERY WINDOW!

SAVE \$700
ON EVERY PATIO DOOR!

NO NO NO NO money down payments interest for 1 year!

Why have 15,143 MA and NH homeowners chosen us?

No pressure. During your Free Window Diagnosis, we'll give you an exact, down-to-the-penny price that's good for an entire year.

113 years of window expertise. We're the replacement division of Andersen, the window and door brand that your dad told you to trust.

No middleman to deal with. We are the full-service replacement window division of Andersen. There's no runaround between the installer and the manufacturer because we handle it all, from custom-building to installing to warranting all our products.*

We won't sell you vinyl. We've replaced thousands of poor-quality vinyl windows and patio doors, so we made our window's Fibrex" composite material two times stronger than vinyl.

Make an appointment and get a price that's good for an entire year!

Call for your FREE Window and Patio Door Diagnosis

1-617-586-3700

Serving Greater Boston, Metro West, North Shore, South Shore, Springfield, Worcester and Southern NH

Renewal by Andersen

INDOW REPLACEMENT on Anderson Company

The Better Way to a Better Window

DETALS OF OFFIR - Offer expires 12/31/2016 this valid with other offers or price purchases 5275 off each window and \$700 off each patio door with no money down and 12 months no payments, no externel when you purchase 4 or more windows or patio doors between 6/1/16 & 12/31/16 with approved credit. Savings comparison is based on the purchase of a single unit at regular hist price available only at participating locations. Other discounts and financing options available for other purchase levels. See your local Renewal by Anderson locations for details Locate APA BC100451/W1266951, Excludes ANN insurance work per MSA 325666. VA. License #2705155684, DC License #120275000125. MHIC #721441. All other former numbers available upon request. Some Renewal by Anderson locations are independently owned and operated. "Renewal by Anderson and All rights reserved #2016 Lead Surge LLC All rights reserved." See limited warranty for details.

Amy felt her hair was shedding and starting to look bad. She wanted to do something about it. Here is her story:

ately my hair started to look dull and it was shedding like crazy. It was frustrating because thick and beautiful hair makes me feel good about my looks and I didn't want to lose that.

Nutrients for your hair

My friend told me about Hair Volume™ tablets. I searched online and found all the positive reviews and also learned that temporary hair loss due to lack of nutrients is common. I wanted to do something good for my hair

so I decided to give Hair Volume a try - what did I have to lose?

3 months later

A few days later I started taking
Hair Volume, and now it has been
almost 3 months. I feel so much
more confident and happy that
I am caring for my hair. My husband recently commented on my
looks, which made me feel great. I
strongly recommend this product
to anyone who wants to promote
healthy and beautiful hair."



APPLE EXTRACT

Hair Volume[™] is a Swedish best selling hair tablet which contains apple extract with an ingredient called procyanidin B2. One tablet a day is all you need as part of your daily beauty routine.

- ✓ SUPPORTS HEALTHY HAIR
- ✓ CONTAINS APPLE EXTRACT
 WITH PROCYANIDIN B2
- ✓ CONTAINS HIGH AMOUNTS OF BIOTIN AND MILLET
- ✓ IS EASY TO USE - JUST ONE TABLET A DAY
- ✓ HIGH SATISFACTION RANKING*



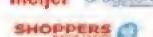
Hair Volume™ is produced by New Nordic, the n°1 supplier of dietary supplements in Scandinavia.

Now available at participating pharmacies, health retailers and online. For more info or to buy directly, please call \$\mathcal{L}\$1-877-696-6734 or visit www.newnordicusa.com

















These statements have not been evaluated by the Food and Drug Administration.

This product is not intended to diagnose, treat, cure or prevent any disease. Always read the label and follow the instructions prior to use. Results may vary.

"Source: www.amazon.com as of 1.1.2016.

Five Vermont teenagers killed in wrong-way crash

After the first deadly collision, the driver struck seven more cars, police said.



A driver going the wrong way on 1-89 in Vermont crashed into a car, killing five high schoolers before stealing a police cruiser and ramming into several more vehicles, authorities said.

The victims, all from Vermont, have been identified as Mary Harris, 16, of Moretown; Cyrus Zschau, 16, of Moretown; Liam Hale, 16, of Fayston; Janie Cozzi, 15, of Fayston; and Eli Brookens, 16, of Waterbury.

The Williston Police Department was the first to respond just before midnight on Saturday after multiple 911 calls reported a driver, later identified as Steven D. Bourgoin, 36, traveling northbound in the southbound lane on 1-89 in a Toyota Tacoma. The crash occurred around the Williston exit.

Police arrived at the scene to find a Volkswagen Jetta on fire. As the officers pulled a woman from the car, Bourgoin



jumped into a police cruiser and sped off, authorities said.

A Richmond police officer stationed further along I-89 responded to the report of a stolen police cruiser. When Bourgoin saw the officer, he turned around on the interstate and headed back toward the original crash scene, officials said. Bourgoin then struck seven other vehicles, police said.

Bourgoin and several victims from the second crash were taken to the University of Vermont Medical Center to be treated for injuries.

Police said that Bourgoin was taken into custody, but was still hospitalized as of Sunday. Officials said the extent of his injuries was not yet known, but that they were not considered life-threatening.

Four of the five teenagers killed — Harris, Zschau, Hale and Brookens — were students at Harwood Union High School. Cozzi was a student at Kimball Union Academy.

Vermont Gov. Peter Shumlin ordered the Vermont flag lowered to half-staff on Monday to honor the five teenagers.

State and local police continue to investigate the crashes. Anyone with information is asked to call the state police barracks in Williston at 802-878-7111.

BRIEFS

Harvard and MIT professors awarded Nobel Economics Prize

British-born Oliver Hart and Finland's Bengt Holmstrom won the Nobel Economics Prize on Monday for work that addresses a host of questions from how best to reward executives to whether schools and prisons should be privately owned.

Their findings on contract theory have implications in such areas as corporate governance, bankruptcy law and political constitutions, said the Royal Swedish Academy of Sciences, which announced the 8 million Swedish crown (\$928,000) prize.

"This theory has really been incredibly important, not just for economics, but also for other social sciences," said Per Stromberg, a

member of the prize committee and professor at the Stockholm School of Economics.

Contract theory considers, for example, whether managers should get paid bonuses or stock options, or whether teachers or healthcare workers should be paid fixed rates or by performance-based criteria.

mance-based criteria.

Holmstrom, a 67-year-old professor of economics and management at the Massachusetts Institute of Technology, Holmstrom has studied the setting of contracts for workers from teachers to corporate bosses.

He concluded that in highrisk industries, pay should lean toward a fixed salary, while in more stable sectors pay should be more biased toward performance rewards.

Hart, an economics professor at Harvard University, has focused on understanding which companies should merge and with what mix of financing, and when institutions such as schools, prisons and hospitals should be privately or publicly owned.

At Harvard since 1993, Hart has argued that the incentives for cost reductions in privatized services, such as private prisons in the United States, are typically too strong.

Hart was quoted as saying on the official Twitter account of the Nobel Prize. "My first action was to hug my wife, wake up my younger son." REUTERS

Drug Companies Fear Release Of New \$2 Sex Pill For Older Men

Men in clinical trial see huge boost in desire, strength of erections, and sexual activity without side effects.

By: S. J. Young

Health News Syndicate

HNS - It's hard to believe that in America today a pill that could improve the sex lives of millions of men is in danger of being yanked from the shelves. And it's just because big drug companies fear for their profits.

The pharmaceutical industry is desperately trying to stop shipments of the remarkable new "JackedUp" pill. Big Pharma is worried because men are reporting increased sex drive, stronger erections and more stamina - all without the side-effects seen in drugs designed do the same thing. Clinical results show men feel these benefits within just a few weeks of taking JackedUp's active ingredient.

The pill, made for men over 50, was released early last month. Despite Big Pharma's efforts, sales have already exceeded expectations.

"If you're over 50 and suffering from low sex drive, decreased stamina and inability to perform, low testosterone is the biggest factor. Drug companies do NOT want men to know about this affordable new pill..."

Exciting Benefits

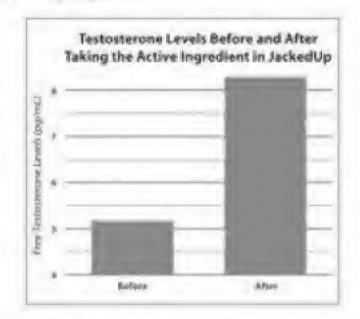
There are very good reasons why sales are booming and drug companies want it gone. Clinical results confirm JackedUp's active ingredient is very impressive. It can greatly boost a man's ability to get and keep erections. Stamina during sex also improves.

It also has a unique ability to help men feel more passion, desire, and sex drive. These impressive benefits come from boosting testosterone levels by up to a whopping 193%, Doctors are astounded by its effects.

Why do drug companies want this pill stopped? Since the "JackedUp" pill is natural, drug companies can't patent it (like they did with Viagra) and make big profits. Plus, if you're over 50 and suffering from low sex drive, decreased stamina and inability to perform, low testosterone is the biggest factor. If you can safely boost your testosterone, you won't need their expensive pills. That's the very reason big business is trying to have it pulled from the shelves.

Strong Clinical Results Worry Big Pharma

Recent clinical trials on JackedUp's active ingredient have made the drug companies more desperate. The trial results were published in major medical journals, and doctors are now recommending JackedUp to patients.



The testing was done on men 40 - 65 years old, and the results were remarkable. The men who took the active ingredient in JackedUp reported major improvements in their sex lives. Their ability to get and keep erections went up by over 200%, Libido and sex drive surged. Even staying power and stamina during sex more than doubled!

Head of product development. Dave McNeill, said the big drug companies weren't worried at first. "They didn't care because the active ingredient can take a few weeks before many men really feel the benefits. But these awesome clinical trials really got their attention. They're learning A LOT of men will wait a few weeks if it means avoiding negative side effects and saving money."

How It Works

The active ingredient in JackedUp works by helping older men produce more testosterone. It doesn't force dangerous fake testosterone into your body like injections do. Instead, it works with your body to produce testosterone naturally. And the results have been extraordinary. It's like your body reboots itself to feel like it did in the prime of your life.

Initial Users Are Thrilled ... And Worried

"JackedUp has been awesome for my sex drive and performance! I'm worried it may not be available in the future. The idea that it may be taken away just to secure some big drug company's profits is very frustrating."

- Rob H., 49 years old, Colorado Springs, CO "My wife and I were both sexually vibrant until I had prostate cancer. After my surgery we tried everything my doctor recommended but nothing



Big Pharma Worried: Older men are having better sex after taking new JackedUp pill. Clinical trials show active ingredient triggers surge in desire, strength of erections, and sexual activity in older men.

worked. Within a few weeks of taking JackedUp, everything has been functioning beautifully and we've been riding high ever since!"

- Ken S., 78 years old, Phoenix, AZ

Doctors Speak Out

Drug companies are also concerned that doctors are now recommending JackedUp. The active ingredient has strong clinical results and lacks the side effects seen in current drugs on the market. This makes it an easy option for doctors to suggest.

Dr. Laguna-Bedia, a specialist in internal medicine says, "A lot of men think their lack of interest and inability to perform are simply parts of aging. This is just not true. JackedUp can help these men regain a healthy appetite for sex and the physical ability to perform."

"JackedUp works by boosting key male hormones without side effects. The benefits of these hormones to sexual health are well known, but they actually do more than that. Men also report more energy, less body far and higher motivation," said Dr. G. Pereira, a renowned surgeon in Florida.

Dr. Jacob Moss notes, "I recommend JackedUp if you're struggling with gening and keeping erections or low libido. It's also a great option for men who want to last longer and have more control over when they orgasm."

Special Opportunity for Our Readers

Drug companies are fighting hard to get rid of this product. This is making inventory disappear fast. Thankfully, a special discounted supply has been reserved for Metro Boston readers. But only for those who call within the next 48 hours.

This is the best opportunity to try JackedUp riskfree with their 100% results guarantee.

A Regional Order Hotline has been set up for local readers to call. This gives all men an equal chance to try JackedUp.

Starting at 6:00 am today the order hotline will be open for the next 48 hours. All you have to do is call TOLL FREE 1-800-815-1056 and the company will do the rest.

Due to the possibility of JackedUp being pulled from the shelf, phone lines are often busy. If you call and do not immediately get through, please be patient and call back. Current supplies of JackedUp are limited, and callers that don't get through to the order botline within the next 48 hours will be forced to wait for more inventory to be produced. This can take as long as 6 weeks.

US: Navy ship targeted in failed missile attack from Yemen

The attempted strike on the USS Mason came just a week after a United Arab Emirates vessel came under attack from Houthis and suggests growing risks to the U.S. military from Yemen's conflict.

A U.S. Navy guided missile destroyer was targeted on Sunday in a failed missile attack from territory in Yemen controlled by Iranaligned Houthi rebels, a U.S. military spokesman told Reuters, saving neither of the two missiles hit the ship.

The attempted strike on the USS Mason, which was first reported by Reuters, came just a week after a United Arab Emirates vessel came under attack from Houthis and

suggests growing risks to the U.S. military from Yemen's conflict.

The U.S. government, which has become increasingly vocal about civilian casualties in the war, this weekend announced a review of its support to a Saudi Arabialed coalition battling the Houthis after a strike on mourners in the capital Sanaa that killed up to 140 people.

The failed missile attack on the USS Mason began around 7 p.m. local time, when the ship detected two inbound missiles over a 60-minute period in the Red Sea off Yemen's coast, the U.S. military said.

"Both missiles impacted the water before reaching the ship," Pentagon spokesman Captain Jeff Davis said. "There were no injuries to our sailors and no damage to the



USS Mason GETTY IMAGES

ship."

Saudi Arabia and the United States blame Shi'ite Iran for supplying weapons to the Houthis. Tehran views the Houthis. who are from a Shi'ite sect, as the legitimate authority in Yemen but denies it supplies them with weapons.

A U.S. defense official. speaking on condition of anonymity, said the first missile triggered countermeasures from the USS

Mason, It was not immediately clear whether those defenses may have helped prevent a direct hit on the ship.

The USS Mason did not return fire, the official said, adding that the incident took place just north of the Bab al-Mandab strait off Yemen's southein coast.

Last week's attack on the UAE vessel also took place around the Bab al-Mandab strait, in what

the UAE branded an "act of terrorism."

In 2013, more than 3.4 million barrels of oil passed through the 12 mile-wide Bab al-Mandab each day, the U.S. Energy Information Administration says.

It was unclear what actions the U.S. military might take, but Davis stressed a commitment to defend freedom of navigation and protect U.S. forces.

"We will continue to take all necessary steps to ensure the safety of our ships and our servicemembers," he said.

The attack also came the same day that Yemen's powerful former president, Ali Abdullah Saleh, a key Houthi ally, called for an escalation of attacks against Saudi Arabia, demanding "battle readiness at the fronts on the [Saudi] border." REUTERS

BRIEF

Obama declares major disaster in North Carolina from Hurricane Matthew

President Barack Obama declared a state of emergency in North Carolina on Monday after Hurricane Matthew roared through the state over the weekend.

The action makes federal funding available to affected individuals in 10 counties hit by the storm, the White House said in a statement.

Hundreds of people were rescued by boat and helicopter as floodwaters inundated North Carolina towns on Monday in the wake of Hurricane Matthew, and officials warned that life-threatening flooding from swollen rivers would continue for days.

Matthew, the most powerful Atlantic storm since 2007, was downgraded to a post-tropical cyclone on Sunday.

In the United States, the number of fatalities rose to at least 22, with nearly half in North Carolina.

After receiving as much s 18 inches of rain from Matthew over the weekend, North Carolina's skies were clear on Monday, but there were major problems from overwhelmed rivers and breached levees.

REUTERS



Earn over \$13 an hour and join the team in Stoughton!

Amazon is hiring Part-time Associates and looking for you! As a part-time associate you'll holiday pay, a casual dress code and flexibile & predictable scheduling.

Learn more and apply online:

amazon.com/stoughtonjobs

UN seeks \$119M for Haiti storm victims



A girl walks in a beach next to the debris left by Hurricane Matthew, in Jeremie, Haiti. GETTY IMAGES

The money will go to provide food, clean drinking water and shelter to the most vulnerable among 1.4 million people in need, after large areas of crops were destroyed and infrastructure was damaged last week, the U.N. said in the three-month appeal to donors.

The United Nations appealed for \$119 million on Monday to bring life-saving assistance to 750,000 people in southwestern Haiti, which is reeling from a direct hit by Hurricane Matthew.

"Hurricane Matthew has resulted in the largest humanitarian crisis in Haiti since the 2010 earthquake, at a time when the country is already facing an increase in the number of cholera cases and severe food insecurity and malnutrition," it said.

Haiti started burying some of its dead in mass graves after Hurricane Matthew, a government official said on Sunday, as cholera spread in the devastated southwest and the death toll from the storm rose to 1,000

This is not a population on its knees, but on

the ground," Pierre-Andre Dunbar, Haiti's ambassador to the U.N. in Geneva, told a news briefing.

"Crops were also destroyed, which means the country will face a severe famine as the southwestern peninsula is considered the breadbasket of Haiti," he said.

In the Grande'Anse region on Haiti's western peninsula, some villages and towns suffered 90 percent destruction with low-income housing particularly affected, said Rudolph Muller of the U.N. Office for the Coordination of Humanitarian Affairs.

"Needs may grow in the days ahead as more areas are reached," he said. neuros

Colombia to announce peace talks with ELN rebels

Colombia's government and second-biggest rebel group will on Monday announce the start of peace talks, sources said, in what would be a boost for President Juan Manuel Santos after the rejection of his deal with the larger FARC guerrilla group.

The negotiations with the 2,000-strong National Liberation Army (ELN) will be confirmed by representatives of both sides at a news conference in Venezuela scheduled for this evening, two government sources told Reuters.

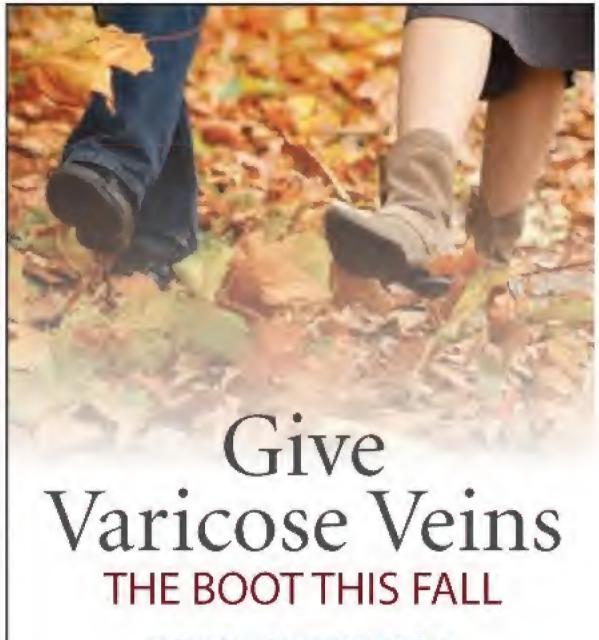
The talks are then expected to take place in Ecuador.

The Colombian government and the ELN will make an announcement at 2000 EST in Caracas, the governments of Venezuela and Colombia said in a statement on Monday.

Santos won the 2016 Nobel Peace Prize last week for his efforts to end a 52-year-old war with the leftist Revolutionary Armed Forces of Colombia: a surprising choice given voters narrowly rejected a deal he signed with them last

At war for five decades after being founded by radical Catholic priests and inspired by Cuba's revolution, the ELN has been in onand-off closed-door talks with the government since January 2014 on how the two sides would conduct peace negotiations and what would be on the table.

It has remained active during that time, kidnapping and bombing oil installations, though in recent months it has released some captives. seves



DO YOU SUFFER FROM

■ Varicose Veins

■ Spider Veins

Itching and Burning

■ Leg Pain and Cramps

■ Heaviness and Swelling

■ Skin Discoloration

■ Ulcers and Blood Clots

☑ Difficulty Walking Long Distances

When pain is part of your daily life, it's time to get rid of it. Our treatments take less than 15 minutes, in a warm, comfortable setting. The procedure does not involve surgery and you will be able to drive home afterwards.



Medicare and most insurances accepted!

617-826-5393



12088 VFW Parkway, Suite 300, West Roxbury, MA 02132 121 Broad St., Lynn, MA 01902 800 West Cummings Park, Suite 2500, Woburn, MA 01801 855 Worcester Rd., Suite 13, Framingham, MA 01701

© September, 2016 USA Vein Clinics®, All rights reserved.

Wheels For Wishes Benefiting

DONATE YOUR CAR

Make-A-Wish® Massachussetts and Rhode Island



reach over 2.3 million people every week.

* Wheels For Wishes is a DBA of Car Donation Foundation.

to advertise, contact (617) 532-0100 or adsboston@metro.us source: nielsen scarborough 2014-15 r2, edulis 18+

metr@media

media.metro.us

Russia and Turkey sign gas deal, seek common ground on Syria as ties warm

Turkish President
Tayyip Erdogan hosted Russia's Vladimir
Putin at an Ottomanera villa in Istanbul for
talks which touched
on energy deals, trade
and tourism ties, defense and the conflict
in Syria, where the
two leaders back opposing sides.

Turkey and Russia signed an agreement on Monday for the construction of a major undersea gas pipeline and vowed to seek common ground on the war in Syria, accelerating a normalization in ties nearly a year after Turkey shot down a Russian warplane.

"[Monday] has been a full day with President

617-367-2900

One International Place, 18th Floor, Boston, MA 02110

JEFFREYSGLASSMAN.COM



Russian President Vladimir Putin listens to Turkish President Recep Tayyip
Erdogan during the 23rg World Energy Congress, in Islanbul, Turkey, GETTY IMMGES

[Vladimir] Putin of discussing Russia-Turkish relations. ... I have full confidence that the normalization of Turkish-Russian ties will continue at a fast pace," Turkish President Tayyip Erdogan told a joint news conference.

The warming relations between the two NATO members comes as both countries are dealing with troubled economies and strained ties with the West.

Putin said Moscow had decided to lift a ban on some food products from Turkey, imposed after the Turks shot down a Russian fighter jet near the Syrian border in 2015, and that both leaders had agreed to work toward the full-scale normalization of bilateral ties.

They signed a deal on the TurkStream undersea gas pipeline, which will allow Moscow to strengthen its position in the European gas market and cut energy supplies via Ukraine, the main route for Russian energy into Europe.

The plan for Turk-Stream emerged after Russia dropped plans to build the South Stream pipeline to Bulgaria due to opposition from the European Union, which is trying to reduce its dependence on Russian gas. Erdogan also said plans for a Russian-built nuclear power plant in Turkey would be accelerated. Time lost on the Akkuyu project because of strained relations would be made up, he said.

In 2013, Russia's state nuclear corporation Rosatom won a \$20 billion contract to build four reactors in what was to become Turkey's first nuclear plant, but construction was halted after the downing of the Russian jet.

Putin received Erdogan in a Tsarist-era palace outside his home city of St. Petersburg in August, when the two leaders, both powerful figures ill-disposed to dissent, announced plans for an acceleration in trade and energy ties.

But progress on Syria, over which they remain deeply divided, has been more problematic. Erdogan described the topic as "very sensitive," but said he had discussed Turkey's military operations in Syria with Putin on Monday.

RELITER

EXPERIENCE & RESULTS THAT COUNT SERIOUS INJURIES WRONGFUL DEATH Free Phone Consultations No Recovery/No Fee On Call 24/7 Home & Work Visits Se Habla Espanol

Jeffrey S. Glassman

ATTORNEY

Islamic State confirms death of propaganda chief

Islamic State on Monday confirmed the death of its propaganda chief, whom the Pentagon said was killed in a U.S.-led airstrike in Syria's Raqqa province last month.

A statement posted online by the militant group paid tribute to Wa'il Adil Hasan Salman al-Fayad, also known as Abu Mohammed al-Furqan. The statement just referred to him by his alias.

It did not say when, where or how he had

The Pentagon said last month that a U.S.-led coalition airstrike on Sept. 7 had killed al-Fayad.

It said he was minister of information, overseeing Islamic State's propaganda, and a prominent member of its Senior Shura Council, or leadership group.

Islamic State's statement referred to al-Fayad as head of its media arm.

The airstrike took place near Raqqa, ISIS' de facto capital in northern Syria, and targeted al-Fayad while he was on a motorcycle outside his house, the Pentagon said.

Islamic State controls large parts of Iraq and Syria and has broadcast its beheadings of journalists and aid workers over the past few years. The group has sympathizers in several countries who have carried out bombings and shootings of civilians.

BRIEF

German spy chief says Syrian bomb suspect targeted Berlin airports

The head of Germany's intelligence agency (BfV) said a Syrian suspect arrested on Monday was building a bomb and probably planned to attack one of the airports in Berlin.

Hans-Georg Maassen told public broadcaster ARD that intelligence leads had suggested in early September that militant group Islamic State was planning an attack on Germany's transport infrastructure.

Spies managed to track down and identify the suspect in the eastern state of Saxony last Thursday and started a round-the-clock observation, Maassen said.

"We found out that he then bought hot glue in a discount shop on the following day. And then we immediately put all measures into place to start a raid because we assumed this can basically be the last missing chemical for him to build a bomb."

REUTERS

Shailene Woodley arrested for criminal trespassing at protest



which included a heavy police presence and ultimately Woodley's arrest, on Facebook. The entire video is over two hours long but the arrest takes place in the last 4 minutes. Ultimately, it was her star power that had her singled out for arrest. When she asked why she was the only person out of hundreds to be arrested, the officers responded that it was because she had been "identified."

This is a perfect example of when being woke goes wrong.



Ryan Lochte is engaged

robbed during the Olym-

The six-time gold medal-

ist lost several endorse-

ments as a result of his

... mistake. But he was

quickly on the rebound,

contestant on "Dancing

snagging a spot as a

With the Stars."

pics in Rio de Janeiro.

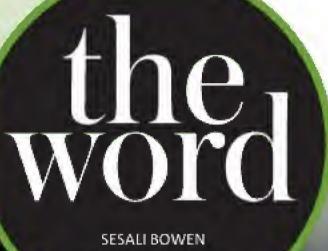
Disgraced Team USA
Olympic swimmer Ryan
Lochte is clearly moving
on from the mess he
created this summer

ed this summer when he lied about being

> And now the athlete is preparing to add marriage to his comeback saga. Lochte proposed to his girlfriend, former Playboy model Kayla Rae

Reid, on Sunday night. He announced the news on his Instagram account shortly after. The couple, who met on Tinder, have been dating since March.

Turns out you can still have a happily ever after even after getting drunk, committing vandalism, making up a robbery story to try to cover it up and disgracing your country. He provides hope to us all.





We're still keeping an eye on things in the aftermath of Kim Kardashian West's robbery in Paris last week. We're getting morsels of intel as the investigation continues. Here's the newest round of updates.

A glimmer of hope is on the horizon for the 35-year-old. Kardashian West's diamond-cross necklace was found outside of the Hotel de Pourtalès where the robbery took place, say sources for TMZ. However, authorities hope to use DNA evidence from the found necklace to identify the assailants.

The star is also beefing up her security. On top of that, TMZ reports that the mother of two will be flanked by at least two armed guards who are former Secret Service agents and travel in an armored vehicle.

While some of Kim's sisters are also said to be tightening their security, her brother, Rob Kardashian, appears to only need protection from internet trolls and the fiery temper of his fiancée, Blac Chyna.



Ginger spice is pregnant

"Tonight is the night when two become..." Well, five for Geri

Well, five for Geri Halliwell Horner and hubby Christian Horner.

The redheaded singer, known as Ginger Spice to most of the world, took to Instagram to announce that she is pregnant with the couple's first child together. The babyto-be will join Geri's 10-year-old daughter and Christian's 3-year old, both from previous relationships.

While we're extremely happy for Geri, we die hard Spice Girls fans wonder what this means for the 20th anniversary reunion she, Melanie B. (Scary Spice), and Emma C. (the original Baby Spice) announced only a few months ago. Babies are known to do a lot of things, but "Spice Up Your Life" isn't one of them.

FOR TICKETS AND INFO VISIT THEWILBUR.COM



RX BANDITS **OCT 12**



KATHLEEN MADIGAN **OCT 14**



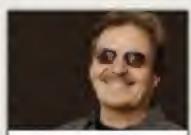
DES BISHOP OCT 14



BOB MARLEY OCT 15



W.KAMAU BELL (FROM CNN'S UNITED SHADES OF AMERICA) OCT 15



DELBERT MCCLINTON OCT 19

BONEY JAMES BRIAN REGAN

LUPE FIASCO COLBIE CAILLAT

SLATE POLITICAL GABFEST OCT 26

JOSHUA RADIN

TIG NOTARO

CHRIS HARDWICK **NENE LEAKES**

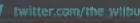
BOB NEWHART STEVE VAI

CHRIS ISAAK

JAKE SHIMABUKURO

WHO'S BAD (MICHAEL JACKSON TRIBUTE) NOV 10

JOEY DIAZ

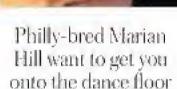


Government Center Garage

October Savings!!!

Sign Up for Monthly Parking

F facebook.com/thewilburboston 🏻 💽 instagram.com/the_wilbur





RACHELRACZKA @rachetraczka iachelsaraka@metro.us

Marian Hill know they bring "sax-ual" vibes; it's intentional. The Philadelphia-bred duo made up of producer Jeremy Lloyd and vocalist Samantha Gongol couldn't have more wholesome roots — their band name comes from "Music Man" characters Harold Hill and Marian Paroo, whom they portrayed in a production at Havertown Middle School. However their sensual, hip-swaying full-length debut "Act One," incorporates notso-innocent themes.

"We like each song to be its own world," says Lloyd from a car en route to Colorado with Gongol. "On almost every song on ['Act One', the sound came first — the instrumental won't be fleshed out. but I'll have an idea of the beat. Then we'll sit in that world we want to create with that beat.

and figure out what the song's melody and lyrics are all about.'

This time, it's the

horn-heavy, come-hither track "I Want You" or the smoky beatdropping "Down." With "Act One," the duo take a step away from the boudoir — a domain they owned with their 2013 EP "Play" - creating tunes that are more likely to get you on your feet than into bed. But still, getting in the groove is important for Gongol, whose sultry vocals define the act.

"For me, it's about feeling each song very specifically and getting comfortable with their maturity levels," she explains, "Each song now sounds a little bit different than when we first started out with the album. I try to make it a little bit sexier depending on the vibe of the show."

Marian Hill liken themselves to the modern day equivalent of a piano man and a jazz singer — but with a different set of keys. "Sam and I have that similar dynamic," explains Lloyd. "Except now I'm a computer making

Revamped



If you go

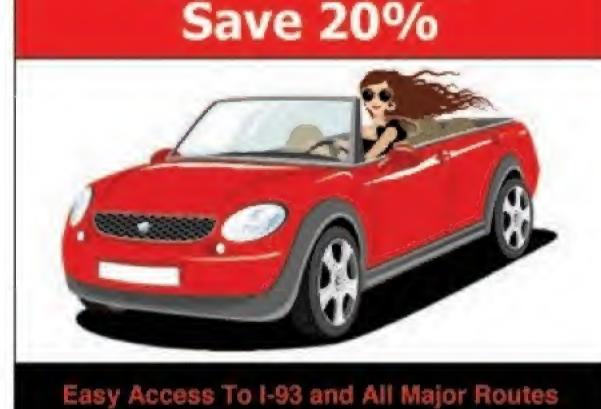
Oct. 11 at 7 p.m. Royale 279 Tremont St. 520, revaleboston.com

music happen."

Their live show also calls back to an earlier era, where the two can hold the stage with a minimalist set with the addition of bassist/ sax player Steve Davit. Lloyd says the group designed the illuminated backdrops to create a "Marian Hill world," lighting the Deco-inspired panels to follow the beat of each tune.

Following the tour, Marian Hill — who admit they tend not to do much songwriting while on the road will head back to New York to start on their next album.

"I'm pretty excited about putting out new stuff as early as next year," Lloyd says. "That's pure speculation — the timeline — but we don't want to stop for too long in terms of releasing new music."



Park for \$14 per day 24/7 Monthly Parking - 6676 \$300* per month

Valid for new parkers starting October 1 - 31, 2016. \$300 valid for first two months, 3 month minimum contract.

DETAILS AVAILABLE AT GARAGE OFFICE AND AT

GOVERNMENTCENTERGARAGE.COM

A coloring book of your childhood

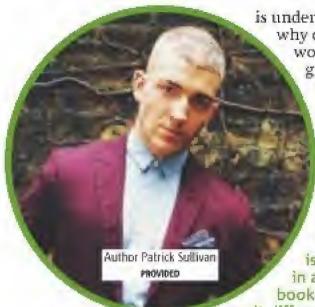
"That's So '90s Pop!" is an ode to the erathat won't make you cringe.



You could make the case that the dream of the '90s is still alive for Patrick Sullivan, but not in a "Portlandia" way. It's more that he just likes '90s stuff. The 27-year-old Brooklynbased graphic designer still bumps "C'est La Vie" by B'Witched and thinks Britney Spears is "carrying the torch" of the era (we agree).

While researching "That's So '90s Pop!" the adult "fill-in activity book" that he wrote and illustrated—essentially a coloring book, plus obscure facts, quizzes and wacky games, like a Kris Kross Kris crossword and Eminem fill-in-the-blank haiku-Sullivan took a deep dive into Reddit and online message boards, including one exclusively dedicated to Mandy Moore's early career as a national anthem singer in Orlando, Florida.

What results is a both tongue-in-cheek and sincere ode to the pop stars of the era, which the Long Island native refers to as "a kind of funhouse mirror of Seventeen magazine quizzes." It even comes with a Carson Daly cutout mask, "so you can host your own



countdown. (Nail polish not included.)"

While millennials may have reached peak '90s nostalgia, Sullivan's homage bypasses the kind of sentimentality we usually associate with BuzzFeed posts and events that just don't need to exist - lookin' at you, '90s Fest—and instead plays up what's fun or oddball from the time. On one page, you'll learn that Nelson Mandela once referred to the Spice Girls as his heroes; on the next, you'll look for the meaning of irony in an Alanis Morissette word search.

As a merchandising and apparel designer for the likes of Carly Rae Jepsen, Britney Spears and Queen Bey herself, the debut author is also firmly rooted in the pop culture of today.

That doesn't mean he didn't throw back with us over the phone when we discussed key

> '90s topics like how Brian from the Backstreet Boys

is underrated and why one-hit wonder Irish girl group B*Witched is his cult favorite. Adult coloring books

are all the rage. Your book is a "fillin activity book." How is it different? As an artist myself,

I wanted to take the drawing really seriously, but also to have this funny information as well and a bit more to do. I wanted it to be, if you were going to get it as a gift for someone, it [would] be a big package that had a lot to offer. When I was a kid, we would go to the beach and bring magazines about these people and take the quizzes, and I would draw on the pictures. I wanted it to have that vibe.

Who's your favorite '90s pop star?

There are the ones that shine bright and sort of live and die in the moment, and some that carry on forever. Britney's still carrying the torch . I think B*Witched is my favorite group that's sort of forgettable but also completely memorable at the same time. They just have that one song "C'est La Vie" — it was on the Disney channel original film "Smart House." It still might be my No. 1 party song.

> Favorite '90s boy band member?

Ooh, JC Chasez [from *NSYNC], but that's currently, just because I feel like we'd get along. But when I was growing up, I remember feeling very alone in my love for Brian [Littrell] from the Backstreet Boys. No one cared [about him] and I thought he was way cuter than ustin Timberlake.

clubmetr

Sign up today, win tomorrow!









Join clubmetro to get access to our exclusive offers and win great prizes.

clubmetro.metro.us



On acting: "The community is the part that means the most to me." **DESCRIPTION**

· Worker's Compensation

 Social Security Disability

 Motor Vehicle Accidents

Slip & Falls



Injured? "Better Call FRAWL"

Home and Office Visits AVAILABLE

Se Habla Espanol

44 School St. Suite 300, Boston www.frawleylaw.com

THE LAW OFFICE OF ROBERT E. FRAWLEY 617-523-2929

Brian Tyree Henry of 'Atlanta' talks working his way up

The versatile actor moves from Broadway to one of the hottest shows on television.



If you're a fan of hiphop and well-written television, you should be watching Donald Glover's "Atlanta." The series follows Earn (Glover), a broke Princeton University drop out who sees opportunity in his cousin Alfred Miles (aka "Paper Boi"), a local rapper on the rise to become the next hip-hop success story. On a similar ascent is the actor who portrays Paper Boi — Brian Tyree Henry. From his days at Yale School of Drama to his critically acclaimed performance as The General in "Book of Mormon," the 34-year-old has seamlessly transitioned to screen from stage. Henry chatted with us about his growing career and that time he folded jeans at American Eagle Outfitters.

What was your initial reaction to "Atlanta?" I was like, "Ah, finally. This writing is just perfection. This is what I wanted. This is great." It spoke to me — Alfred spoke to me. And, I was just so excited to read something so fresh and so different, so new. It just reflected a life that I know wasn't really showcased.

Where did you draw inspiration from for Alfred's character?

I went to college in Atlanta, and have a lot of friends who have been to Atlanta, lived in Atlanta. I tried not

to study any personas that people may know. I just wanted him to come across as a person someone could really relate to, so that people who watch it could be like, "That's my cousin!" or "That's my best friend!"

In the show, you have characters grappling with the dream of making it in the music business vs. settling. Was there ever a time when you contemplated doing something else? This is something that really changed my life. I think it was a way for me to find a community that I belonged in. The community is the part that means the most to me - not so much booking the gigs, not so much getting the money or the fame — it was the community that really brought me to this place. And, you know I never really thought of being an actor. There were so many people who saw how much I liked doing plays, and saw how much I loved the art. They said, "You know what, you should really give yourself a shot and go as far as you can." Now, yes if I needed to go and get a side hustle, I would but this is my thing.

What were some of your side hustles?

I worked in retail all throughout college at American Eagle Outfitters, but I mean this was before American Eagle was big, you know. I think I was the only person of color on the floor, and I did all the windows and I know how to do a fashion fold to this day. It really makes me angry. [Laughs] When I moved to New York, I was

very fortunate enough to work in the service industry but working in the service industry gave me such a drive because I was like, "I can't do this forever." So it made it easier to get up and go and really hit those auditions. I definitely have done my share of hustling.

It paid off with "Atlanta." What do you and the cast do in your downtime together?

Text each other [Laughs]. We are constantly staying in touch with each other and constantly sending each other crazy .gifs, constantly checking in on each other. They are the most supportive group of people ever in the world. We just try to stay connected as much as we can. You know, we really love each other.

I read that you grew up with all sisters. What was that like?

It was amazing and it was terrifying at the same time. But it was definitely the thing that defined me and made me who I am. I am grateful to be a black man raised by all black women because they have showed me so much strength. They are some of the toughest women I have ever met in my life, and the most loving. They did most of their living including my mother without a male figure in their life. And for them to have a little brother — you know, the first boy — they really molded me into the man I am today. I will spend the rest of my life repaying them.

A new episode of "Atlanta" airs on FX this Tuesday at 10 p.m.

Iliza Shlesinger talks female empowerment in 'Confirmed Kills'

The new Netflix comedy special is now streaming.



Uproariously funny comedian Iliza Shlesinger is back on Netflix with her latest comedy special, "Confirmed Kills," covering everything from the black hole of a woman's purse to finally putting an end to our obsession with mermaids. This time around, however, the 33-year-old star is more than funny voices and side-splitting humor. Shlesinger aims to use her platform to drive meaningful conversations with her audience, too. She chatted with us from her home in Los Angeles about her career beginnings and using comedy to help women.

When did you decide you wanted to do comedy professionally? Lalways knew I was going to be funny for a living. Growing up in the suburbs of Dallas, I didn't have access to comedy clubs, but I think I just got it where I could. I'd take in a lot of TV, a lot of sitcoms, a lot of sketch shows and then you find other likeminded kids and you form an improv troupe. I knew I was going to be funny for a living, but I didn't know what that was going to look like.

You add a lot of physicality to your comedy. What inspires it?

It's sort of baked into our brains as Americans. We know bad guys flinch over, witches have creepy teeth and bony fingers. My body naturally forms to the idea of a cartoon I have in my mind and it comes out onstage and helps get the point across. You can use words, but the physicality of it really helps to illustrate what you're doing and it just comes out naturally.

What makes "Confirmed Kills" different from your last Netflix special, "Freezing Hot?"

When I finished "Freezing Hot," I remember feeling like I didn't get out everything I wanted to say and that I was moving toward saying something more uplifting versus just making fun of girls. There was this fire that got lit in me where I was like, 'If I keep just making fun of girls and we're all laughing at ourselves, eventually I might become part of the problem.' I found myself wanting to help women by defending them and say, 'Here's why we think the way we do and here's why the world is scary to us." But do it in a way that girls had fun and men didn't feel alienated.

You dived deeper into issues facing women on this one.

Here's what's tough. I'm a white girl from an upper middle class family and I've never been

Iliza Shlesinger's newest Netflix comedy special, "Confirmed Kills," is now streaming on the network. NETFLIX

overweight so I can't stand there like, 'Life is great. Love your body. F— the haters.' That's not the reality for most. but just because I seem one way to you doesn't mean I don't have my own things that I've battled. I've been put down for having opinions. I've been called names because I'm a girl or because I'm Jewish or for whatever reason. My whole life I've just

had this thing in me where I've never had a reason to listen when somebody tells me to be quiet. So I can come from the perspective of a woman who has had to withstand the slings and arrows of society.

Interesting.

I can't tell you to love your body if you hate your body, but what I can tell you is that most people only care about themselves, so the amount of time we're going to waste stressing over everything most people don't even notice. And only an a hole expects perfection.

"Confirmed Kills" is now available for streaming on Netflix. Shlesinger will be embarking on a national tour in promotion of it, swinging through Philadelphia at the Trocadero on Friday, Nov. 11.



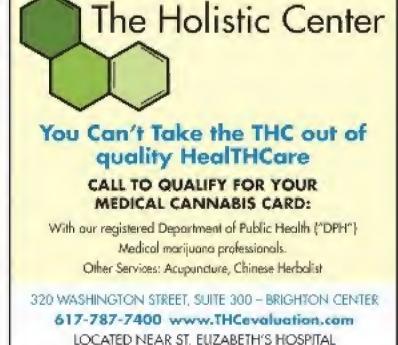


Bapita

Mediterranean Bakery & Grill • www.bonapita.com

49 Franklin St. Downtown Boston • 857-350-4606







No need to play the sexy kitten card - again. Isrook

Need a costume with a little pizzazz this year? Try these five shops.



Garment District

Kendall Square's Garment District spends year round being that twostory vintage warehouse with a pit of recycled apparel you can buy by the pound. But come Halloween, the standby adds an extra layer of ghoulish and kitschy wares for costume-seeking patrons. Period costumes can be cobbled together with its vintage threads and

footwear categorized by era, while more elaborate ensembles can be rented via the in-house Boston Costume location. 200 Broadway, Cambridge, garmentdistrict.com

Dorothy's Boutique

You haven't celebrated. a true Boston Halloween until you've been crammed like a sardine in this Back Bay institution. Dorothy's is open all year, but come October, you'll find yourself shoulder-to-shoulder with marabou feathers, fishnets and 50 undergrads searching for that one-night-only look. 190 Massachusetts Ave., dorothysboutique.biz.

Oona's

If you can't stand to buy a frock you'll wear only once, you could fulfill your vintage swag dreams at Harvard Square's Oona's. Boasting new ownership, prices at this boutique are slightly steeper than you'll find at a typical costume depot, but its party looks are meant to last longer than just the weekend before Oct. 31.

1210 Massachusetts Ave., Cambridge, oonasboston.com

Great Eastern Trading Company

There's something special about a shop that boasts a wide collection of vintage Hawaiian shirts. When it's not outfitting the bartenders of the city's Tiki revival,

Central Square's Great Eastern Vintage carries a range of price-conscious, fantasy-inspired costumes for stage and cosplay.

49 River St., Cambridge, greateasternvintage.com

Fast Eddies Barber Shop

This Allston shop is like a good mullet — all party in the back. What started as an expansion into tupees and wigs in the '40s, soon expanded to a fulfilled niche for yearlong costume supply in the early 2000s. The barbershop remains fully operational, so if you were looking for a buzzcut to complete your transformation to Eleven, this is the spot for you. 179 Harvard Ave., Allston,



Match point

J.Crew and Brightonbased New Balance are celebrating their new women's active collaboration in a big way. The 20-piece debut — featuring bright, spunky, color-blocked sneakers, sporty separates and undergarments — will be offered at 37 J.Crew locations worldwide, including Natick and Copley Square, and online.

Call it athleisure if you must, but New Balance x J.Crew wants you to know it's made to kick butt — featuring the likes of Muay Thai boxer Gracie Carvalho. SoulCycle instructor Taye Johnson and the

Class founder Taryn Toomey in the campaign. According to J.Crew's head of women's design, Somsack Sikhounmuong, the collection represents "a palette of J.Crew color and classic sensibility with New Balance know how and expertise."

Prices range from \$15 to \$200 and arrive in selected locations (plus five New Balance flagships, including Boston) today. Copley and Natick will both host kick-off celebrations to showcase the collection, with healthful snacks and free passes to The Handle Bar on the house.

RACHEL RACENA



Win 2 tickets to see Lupe Fiasco OCTOBER 23 AT THE WILBUR A \$66 VALUE

Join clubmetro to get access to our exclusive offers and win great prizes.

clubmetro.metro.us

INFORMATION SESSION

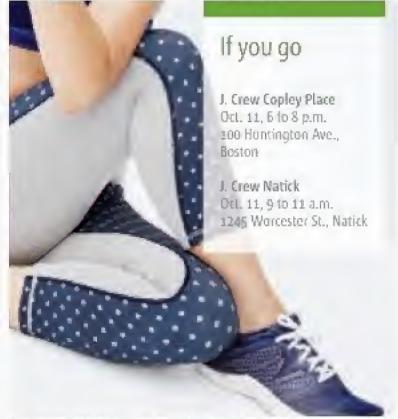
617-254-2653

BOSTON UNIVERSITY

Discover more than 70 part-time programs offered evenings & online at BU's Metropolitan College.

Saturday Open Houses Graduate: October 29, 10:30 a.m. Undergraduate: November 5, 10:30 a.m.

bu.edu/met/info



The 20-piece women's collection is a first for J. Crew. Provided

Healthy cooking for kids, made easy

A new cookbook provides life backs for busy parents



Stephanie Middleberg knows how hard it is to find time to cook healthful meals for both your kids and yourself, in addition to everything else you're trying to do. As the mother of a 14-month-old boy and founder of her own company, Middleberg Nutrition, she found herself in need of practical solutions as much as her clients.

With her first cookbook, "The Big Book of Organic Baby Food," out Oct. 18 on Sonoma Press, the NYC-based dietitian tackles the time crunch with 200 quick and healthful recipes for infants through the toddler years, as well as meals for the whole family. Over the phone, she shared her tips for how to best plan a week of meals, what to look for on labels when you're shopping and how to get kids to eat their veggies.

What are some tips for new parents getting started home cooking? It's stressful enough getting food on the table, even more stressful when you have to be a short-or-

you have to be a short-order chef. In the book, the recipes [should] appeal to both adults and kids. If you have them eating what you eat early on, you can take what you're making for yourself and then put them in a blender and feed [that] to your baby.

Much of it is based on cooking in bulk and freezing the purees, so you have it for the week and all you have to do is defrost it. It might take an hour longer on a Sunday, [but] once you get all your produce chopped and steamed or roasted and blended, it will end up making your weekday life so much easier.

When shopping, what should parents look out for on labels?

Anything that's longer than five ingredients, or has ingredients you can't pronounce, I say to limit that in your child's intake. USDA Organic is the best label to look for. Eggs, they should be pasture-raised vs. cagefiree. For meats, ideally if we can do grass-fed, that's the gold standard there.

Each year the Environmental Working group releases the Dirty Dozen, the 12 fruits and vegetables that are going to have the most pesticides, so those are the ones you want to make sure to buy organic. Sugar is something to look out for on labels. A lot of baby foods, even if they say "kale and apple," a lot of times fruit juice is the first ingredient on the label, which means it has the most.

Moving ahead to older kids, what is the ideal school lunch to pack? I love the PlanetBox lunch boxes. They have all

these different compartments that make it fun to assemble lunches in. You want to have a protein, you want to get vegetables in. Usually kids love dip, so guacamole or yogurt is good. Then you can put in a complex carb, like whole wheat bread for a sandwich or roasted squash. And add a treat, like fruit.

What about kids who are picky eaters? Always have something they're going to like, but then adding something new to their lunch. even if they don't eat it, at least they'll start to see it. It can take up to 25 exposures for a kid to decide they want to try it and enjoy it. I would also make a picky eater part of the planning and the assembling. Get them involved, ask them what they want for lunch, have them help make cut-outs of the sandwich or pack the dip, bring them to the grocery store with you.

What about sweets?
Yes, kids should be kids!
It's about the amounts and how often. Pick a few days that you're going to put a dessert in, but not every day, you don't want them to expect it. There's always birthday parties and vending machines — it's going to get in there.



CALL NOW & SAVE UP TO 84% ON YOUR NEXT PRESCRIPTION

Drug Name	Qty (pills)	Price*	Drug Name	Qty (pills)	Price*
Viagra 100mg	16	\$104.99	Pentasa 500mg	100	\$114,99
Viagra 50mg	16	\$84.99	Avodart 0.5mg	90	\$104.99
Galis 20mg	16	\$104,99	Pradaxa 150mg	180	\$464,99
Cialis Smg	90	\$134.99	Vagilam 10mcg	24	599.99
Levitra 20mg	30	\$114.99	Xarelto 20mg	84	\$449.99
Spirina 18mcg	90	\$174.99	Asacol 800mg	300	\$234.99
Celebres 200mg	90	\$109.99	Tricee 145mg	90	\$124.99
Advair 250/50mg	180 ds	\$189.99	Colchicine O.beng	100	594,99
Zetia 10mg	100	\$114.99	Ability 5mg	100	\$144.99
Crestor 20mg	100	\$159.99	Singulair 10mg	84	\$33,99
Combivent 18/103mcg	600 ds	\$124.99	Playes 75mg	90	\$26.99
Symbicort 160/4 Sug	360 ds	\$199.99	Premarin 0.675mg	84	\$79.99
Cymbalta 60mg	90	\$49.99	Pristig Somg	100	\$139.99
Namenda 10mg	84	\$104.99	Janumet SO/1000vng	112	\$239.99
Nexium 40mg	90	\$114.99	Protonix 40mg	84	529.99
Diovan 160mg	100	\$72.99	Synthroid 100mcg	90	\$44,99
Aggrenox 200/25mg	200	\$124,99	Onglyen 5mg	84	\$294.99
Entocort 3mg	100	\$114,99	Aciphes 20mg	100	\$74.99
Propeda Ting	100	\$69.99	All processy yor U.S displays too	d subject to char	क्र मही दर्भ

Januaria 100mg 84 \$214.99 instice "We accupt Arries, Electronic Checking, Personal Ventolish 90mcg 600 ds \$64.99 Check or Missey Order." Prices shown are for the equivalent generic drug if available."



-800-267-2688

www.TotalCareMart.com

www

Blueberry flaxseed minimuffins

Makes 18 muffins

- 2 cups almond flour
- 2 tablespoons ground flaxseed
- % teaspoon baking soda 1/8 teaspoon sea salt
- ¼ cup honey or pure maple syrup
- 2 tablespoons unsalted butter, melted
- 2 eggs, beaten
- 1 cup dairy or nondairy milk
- 1/2 oup blueberries

These gluten-free minimuffins freeze well, so it's easy to make a batch and have quick snacks on the go. If you'd like to make these muffins dairy-free, you can replace the butter with olive oil.

Preheat the oven to 350°F. Line a minimulfin tin with paper liners. In a medium bowl, whisk together the almond flour, ground flaxseed, baking soda



A quick and healthful breakfast Provioso

and salt. In a separate bowl, whisk together the honey, butter, eggs and milk. Add the wet ingredients to the dry ingredients, using a spatula to gently fold the mixture in until just combined. Fold in the blueberries. Fill each muffin cup three-quarters full. Bake until the muffins are set, 13 to 15 minutes. Store the muffins in the refrigerator for up to three days or in the freezer for up to six months.

TIP: You can replace the blueberries in this recipe with % cup chopped dried fruits, such as cranberries, prunes or raisins.

Mailing Address: ORDER PROCESSING CENTER, PO BOX 121 STN L. WINNIPEG, MANIFOBA, R3H 0Z4, CANADA

CODE AKSO

PRESENCE OF JIMMY G SHOULD ONLY HELP BRADY

MATT BURKE

OPINION

Matt Burke is the National Sports Editor and a columnist at Metro US.

Follow him on Twitter @burke_metro



I'm in love with the NFL Network's "Football Life" documentaries and one that premiered last Friday that was sneaky good concerned former San Francisco 49ers quarterback Steve Young.

The doc went into detail. about Young's relationship with Joe Montana, and how late, great Niners head coach Bill Walsh would consistently put Young into games despite Montana being at the peak of his powers. Later, when Montana was coming off of injury and Young had an MVP-level season, Walsh would flip the script and insert Montana in place of Young. It wasn't anything Young. or Montana did wrong, it's just that Walsh thought he could get the absolute best out of both quarterbacks by making each player. fear for his job. The ploy certainly worked, as Montana and Young are today both regarded as top 10



Tom Brady had a sensational return to football this past Sunday in Cleveland. GETTY IMPAGES

quarterbacks of all time.

Now, Patriots head coach Bill Belichick is not above stealing ideas from brilliant football minds, so it got me to start wondering whether or not Belichick could be ready to pull some of this QB competition chicanery with Tom Brady and Jimmy Garoppolo in the next

Brady was as good as ever on Sunday against the Browns, completing 28-of-40 passes for 406 yards and three touchdowns. He finished with a sparkling 127.7 passer rating.

Brady — of course — had every reason in the world to be pissed off in his return, given that he was dealt the most bogus suspension in the history of pro football. And he should continue to light the world on fire — in fact if he puts up numbers all years like the numbers he put up in Cleveland on Sunday, he will be a favorite for NFL MVP despite missing four games.

All that said, he's 39 years old and the Patriots need to have a backup plan if, 1) Brady gets hurt; or 2) Brady suddenly starts playing like he's 39. Garoppolo certainly showed great promise in his five-plus quarters as QB of the NEP, so we could see him get more cameos like he did late in Sunday's win

over the Browns. Belichick could even opt to start Garoppolo late in the year just to keep everyone - other teams, Brady, even Garoppolo himself — on their toes.

You've gotta believe that Belichick expects 28-of-40 for 406 yards and three touchdowns out of Brady each and every week going forward. That's fair, when you employ a man who is considered by most to be the G.O.A.T.

Belichick demands perfection, and he will never stop applying pressure to his players — even the G.O.A.T. — to get that perfection.

Statistically sound

"Bend but don't break" is an annoying football term that ranks right up there with "prevent defense." As lame as the term is though, the Patriots trot out a classic, bend-but-don't-break

defense each and every week. There's no way around it.

There were plenty of moans and groans in the first quarter of the Pats-Browns game on Sunday when Cody Kessler (yes, THE Cody Kessler) sliced through the Pats secondary — as if Ellis Hobbs and Kyle Arrington were the starting corners — and tied the game at 7. But the Pats' defense used this early ugliness as a feeling-out-process of sorts. Truth be told, it didn't hurt that Kessler got hurt and Charlie Whitehurst took the rest of the snaps — but you get the point. The Browns didn't score again until the fourth quarter.

While the Pats haven't reminded anyone of the '85 Bears this season in terms of defensive aesthetics, the stats back up that they are a top NFL unit. Through five games, the Pats have allowed the fourth-least amount of points per game in the league, giving up just 14.8 ppg. Only Minnesota, Philly and Seattle have performed better.

Red Sox vs. Indians



David Ortiz and the Red Sox took on the Cleveland Indians in Game 3 of the ALDS last night at Fenway Park. For full coverage, please see Metro.us. GETTY IMAGES

MEDICAL RESEARCH

To advertise call Gregory Manning at 617-532-0121 or email gregory.manning@metro.us





The Translational Pain Research Program at Brigham and Women's Hospital is seeking individuals who have lumbar radiculopathy, a type of pain associated with herniated discs (sometimes called "sciatica"), to participate in a research study.

Volunteers who qualify for the study will be reimbursed for their time and travel to and from BWH.

For more information please call 617-525-7246 (PAIN) or e-mail PainTrials@partners.org



FIND YOUR STRENGTH DO YOU HAVE OSTEOARTHRITIS OF THE KNEE?

This research study investigates whether a type of non-invasive brain stimulation called transcranial Direct Current Stimulation (tDCS) combined with transcranial ultrasound (TUS) can improve the symptoms caused by Osteoarthritis(OA) of the knee.

This research study requires 16 visits over 11 weeks to Spaulding Rehabilitation Hospital Network in Charlestown, MA.

Requirements

Have had pain of either knee in the past 6 months.

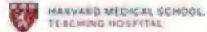
Are between 18-65 years old



Earn \$25 per visit for your participation.

For more information, please contact the Neuromodulation Center Phone at 617.952.6151 Email: mnfrench@partners.org.







CASH FOR RECORDS



33Lps & 45s

George 617-633-2682

Cash for Records

Top \$\$ Paid For Guitars



We buy ALL Musical Inst.

Gultars, Saxes, etc. We travel & PU Cash on the spot!

617-594-3255

CASH FOR DIABETES **TEST STRIPS**

Up to \$35/box!

Payment made SAME-Day

We Receive Your Strips! Call Kerri for a Quote Today!

800-413-3479

www.CashForYourTestStrips.com

CASH FOR DIABETES TEST STRIPS

Up to \$35/box!

Payment made SAME-Day

We Receive Your Strips! Call Kerri for a Quote Today!

800-413-3479

www.CashForYourTestStrips.com

Métroclassifieds To place we sel call \$100-\$100-\$472 or shift or an owner secretary

Airport Job Fair!!

G2 Secure Staff is hiring \$11.00 per hour positions with retention bonuses in effect up to \$400.00. Early morning and late night shifts are needed.

Open interviews

every Tuesday, Wednesday and Thursday from 9:00 a.m. to 2:00 p.m. at 982 Bennington Street, 3"floor, East Boston, MA 02128.

Public transportation is across the street from the blue line, Orient Heights.



The Waldwin Group, inc/Dunkin' Donuts is hiring Good People to join our team to deliver excellent customer service to our customers. We are starting pay rates at \$11.50 per hour as we roll. out our new 3 step payroll increase plan for our high. performance members! Our stores are located in Dorchester, Roxbury, Southend and Logan Airport. All shifts, including overnights and openers are needed. A night and opening differential will be added to \$11,50 for those who carry out those duties. Great training, benefits and career advancement is our culture. If you love the action you will love joining our team!!!

> Visit us on the web and complete an application at www.thewaldwingroup.com. You may also

> > Call 617-541-1911

PSYCHICS

SHEIKH MANSOUR

INTERNATIONAL SPIRITUAL HEALER WITH BORN GIFTED POWER AND EXPERIENCE

Super natural gifted man who helps both internal & external matters in marriage, love, court, business, luck, gambling, protection, returning love one back.

EXPERT IN ALL OCCULTIST HUMAN PROBLEMS. ONLY ONE VISIT WILL LEAD YOU TO THE RIGHT PATH! CALL NOW FOR JOY! RESULTS IN A FEW DAYS GUARANTEED 100% Call 347-261-0226

Spiritual Reader Stop the Suffering Mow!!!

With spiritual powers from my ancestral master spirit. I can help you in reuniting with loved ones, infidelity in relationships, marital discord, domestic/family problems, depression, substance abuse and addiction, potency and infertility, good luck, success in business, careers & employment I can also help with Court Cases, remove Jinx's Demonic Forces, Stop. Enemies & Offer Protection.

SHIKE 11 SYLLA 857-333-4749

METITICLASSIFIEDS In prime on ad call 1605-900-9475

IMPORTANT INFORMATION:

All dassiled advertising is subject to the leims and conditions of the applicable Metro Classified rate card and to approval and acceptance at Myers U.S. ngson. Morro HS reserves the right to edu, rejuct. cancel or reclassify an ad and reserved the right to convert any classified advertising to alternative formats for use and publication to other Metro ILS. publications, it is the advertiser's anh responsibility to check each ad the first day it is settletted. We no U.S. assumes no responsibility for any reyson, for any error or ornession in any act.

PS ORANGECO, INC. NOTICE OF PUBLIC AUCTION

NOTICE'S REHEBY GIVEN THATTHE UNDERSIGNED WILL SELLAT PUBLIC AUCTION BY COMPETITIVE BIODANG at 9.00 pm on 10/26/2016 at PS ORANGECO, Inc. 805 North Street, Randolph, MA 02368. The personal goods stored therein by the below named occupant (s):

	Unit:	049	Higgins, John	Bones, Bags, Tobes, Misc.
	Unit	061	Armstrong, Kenneth	Boxes, Bags, Tobes, Misc.
	Unit	109	Tavares, Kyla	Boxes, Bags, Tobes, Misc.
	Unit	143	Devine, Tim	Boxes, Bags, Tobes, Misc.
	Unit	160	Bartz, Andrew	Boxes, Bags, Totes, Misc.
	Unit	185A	Stallings, Corey	Boxes, Bags, Totes, Misc.
	Unit	195	Gallant, Diana	Bores, Bags, Totes, Misc.
	Unit	213	De Pina, Jamila	Boxes, Bags, Totes, Misc.
	Unit	284	Fitzpatrick, John	Boxes, Bags, Totes, Misc.
	Unit	316	BRENNAN, ALICE	Boxes, Bags, Totes, Misc.
	Unit	329	Raymond, Nerla	Boxes, Bags, Totes, Misc.
	Unit	415	Lawson, Shawn	Boxes, Bags, Totes, Misc.
	Unit	420	Francisque, Yves'faure	Boxes, Bags, Totes, Misc.
	Unit	430	Mauras, Giovanni	Boxes, Bags, Totes, Misc.
	Unit.	440	Rittenberg, Bobby	Boxes, Bags, Totes, Misc.
	Unit	469	Gilmere, Leutta	Boxes, Bags, Toles, Misc.
	Unit	469C	Santiago, Luis	Boxes, Bags, Totes, Misc.
	Unit	506	Quartes, Rochelle	Boxes, Bags, Totes, Misc.
	Unit	515	Montrond, Melissa	Boxes, Bags, Totes, Misc.
	Uniit	5398	Ototu, Otowakemi	Boxes, Bags, Tobes, Misc.
	Unit	615	Gussman, Cyndi	Boxes, Bags, Totes, Misc.
	Unit	629	Green, Patrick	Boxes, Bags, Totes, Misc.
	Unit	643	Novaco, Marc	Boxes, Bags, Totes, Misc.
	Unit	650	Andris, Jean	Boxes, Bags, Totes, Misc.
	Unit	651	Fitzpatrick, John	Boxes, Bags, Totes, Misc.
	Unit	711	François, Kettly	Boxes, Bags, Totes, Misc.
	Unit	722	Brutuas Bernadotte, Mona	Boxes, Bags, Totes, Misc.
	Unit	7.24	Sheffey, Joel	Boxes, Bags, Totes, Misc.
	Unit	745	Galewski, Priscilla	Boxes, Bags, Totes, Misc.
2	прения	TOTAL PAR	BE MADE AT TIME OF SMIT DUTTE	CASH ONLY ALL GOODS SOL

PURCHASES MUST BE MADE AT TIME OF SALE WITH CASH ONLY. ALL GOODS SOLD "AS IS" and must be removed at time of sale. PS DRAMGECO, INC. reserves the right to withdraw units from sale and to cancel auction without further notice.

Kerrilyn Ross, agent for owners. Notice posted October 11th and October 18th 2016.

PS ORANGECO, INC. NOTICE OF PUBLIC AUCTION

NOTICE IS REREST GIVEN THAT THE UNDERSEMED WILL SELL AT PUBLIC AUCTION ST COMPETITIVE BIODING at 9:00 am on 10/26/2016 at PS ORANGEGO, Inc., 1470 Main St. Weymouth, MA 02190. The personal goods stated therein by the below rained occupant (s):

Unit.	A1018	Nascimento, Henrique	Boxes, Bags, Totes
Unit	A1057	Kurtz-Coletti, Shelley	Boxes, Bags, Totes
Unit	A1096	Monealy, Gail	Boxes, Bags, Totes
Unit	A1145	Bohn, Jennifer	Boxes, Bags, Totes
Unit	A2025	Turner, Patti	Boxes, Bags, Totes
Unit	A2128	Bon, Payne	Boxes, Bags, Totes
Unit	A2153	Fricker, Mark	Boxes, Bags, Totes
Unit	A2155	Jackson, Sheryl	Boxes, Bags, Totes
Unit	A2183	Chevalier, Diane	Boxes, Bags, Totes
Unit	A2189	Pressey, Nadine	Boxes, Bags, Totes
Unit	A3058	Voliz, Omar	Boxes, Bags, Totes
Unit	A3133	Romes, Merodith	Boxes, Bags, Totes
Unit.	A3134	Higgins, Mike	Boxes, Bags, Totes
Unit.	A3163	Delcourt, Donna	Boxes, Bags, Totes
Unit	A3187	Sylvester, Ruben	Boxes, Bags, Totes
Unit	A3188	allen, cheri	Boxes, Bags, Totes
Umit.	A3208	Reddington, Beth	Boxes, Bags, Totes
Unit.	A3211	Veliz, Omer	Boxes, Bags, Totes
Unit	B009	Willey, James	Boxes, Bags, Totes

PURCHASES MISST BE MADE AT TIME OF SALE WITH CASH ONLY ALL 600(to SQLD "AS 67 and must be removed at time of sale, PS (IRANGSCO, NIC, respress the right to withdraw units from sale and to cancel auction various limites indice. Kernlyn Poss, agent for owners, Molice posted October 11th and October 18th 2016.

PS ORANGECO, INC. NOTICE OF PUBLIC AUCTION

NOTICE IS HEREBY GIVEN THAT THE UNDERSOUND WILL SELLAT PUBLIC ADCTION BY COMPETITIVE BIDDING at \$100 am on \$0/25/2016 at PS OffwAGECD, Inc., 2030 Main St. Brockton, MA 02301. The personal goods stored therein by the below named occupant (s):

Unit	8048	Paulino, Jerry	Boxes, Bags, Totes, Miso.
their	8050	Pires, Sheena	Boxes, Bags, Totes, Misc.
Unit	84052	Wilson, Tamika	Boxes, Bags, Totes, Misc.
Unit	C084	Lagarde, Louis	Boxes, Bags, Totes, Misc.
Unit	C117	Tidd, Michael	Boxes, Bags, Totes, Misc.
Unit	G123	Dinkins, Wendy	Boxes, Bags, Totes, Misc.
Unit	C147	Montgomery, Laura	Boxes, Bags, Totes, Miso.
Umit	C174	Andrews, Brandon	Boxes, Bags, Totes, Misc.
Unit	C180	Eustache, Kania	Boxes, Bags, Totes, Misc.
Unit	C215	Flanagan, Jennifer	Boxes, Bags, Totes, Miso.
timit	D236	Murphy, Allen	Boxes, Bags, Totes, Misc.
Onit	D286	Johnson, Andrea	Boxes, Bags, Totes, Misc.
Unit	D318	Vaughan, Shawan	Boxes, Bags, Totes, Misc.
Unit	D322	Jarvio, Jason	Boxes, Bags, Totes, Misc.
kilmill.	D335	Flamagan, Patricia	Boxes, Bags, Totes, Misc.
Unit	D337	Da Costa Nelo, Robinson	Boxes, Bags, Totes, Misc.
Unit	D338	Lagarde, Louis	Boxes, Bags, Totes, Misc.
Unit	E348	Meneil, Tramont	Boxes, Bags, Totes, Misc.
Unit	E363	Mullaney, Scan	Boxes, Bags, Totes, Misc.
Unit	E365	Rogers, Laurie	Boxes, Bags, Totes, Misc.
Unit	E368	Chaptain, Jame	Boxes, Bags, Totes, Misc.
			The second secon

PURCHASES MUST BE INVOE AT TIME OF SALE WITH CASH DALY. ALL GOODS SOLD "AS S" and must be removed at time of sale. PS DRAWGED, INC. reserves the right to withdraw timits from sale and to cancel auction without further notice. Kerrilyn Ross, agent for owners. Notice posted October 19th and October 19th 2016.

metr@classifieds

To place an ad call 866-900-9473 or visit us at www.metro.us

DEADLINE: 2 BUSINESS DAYS PRIOR TO PUBLICATION AT 4 PM.

Do you have a legal notice that you need to publish?

Metro is a newspaper of record with the Suffolk Probate, Middlesex Probate and Land Court! Publishing your notices with Metro will satisfy your legal obligation and can save you money in the process!

Do you need to publish a notice for:

- · Mortgage Sale of Real Estate
- Public Notice
- COB Liquor License
- Licensing Board
- · Notice of Public Hearing
- Divorces
- Care and Protection of Parental Rights
- · Notice of Sale of personal Property
- Transportation
- Order of Notice

Contact the Metro today and find out how we can help while saving you money!

Herman Miles: 617-532-0105 herman.miles@metro.us

COMMONWEALTH OF MASSACHUSETTS

(SEAL)

LAND COURT

16 SM 009158

DEPARTMENT OF THE TRIAL COURT

ORDER OF NOTICE

T0: Zather Tkach and to all persons onbited to the benefit of the Servicemembers Civil Retief Act., 50 U.S.C. App. §501 *et seq.:*

U.S. Bank Trust, N.A. as Trustee for LSF9 Master Participation Trust claiming to have an interest in a Martgage covering real property in Boston (South Boston), numbered 331 E Street, Unit 1, 331 E Street Condominium given by Zahar Tkach to Washington Mutual Bank, FA, dated March 31, 2006, and recorded with the Suffelk County Registry of Deeds in Book 39342, Page 14, and now held by plainth' by assignment has/have filed with this count a complaint for determination of Defendant's/Defendants' Servicementhesis status.

If you now are, or recently have been, in the <u>active</u> military service of the United States of America, then you may be entitled to the benefits of the Servicemembers Civil Relief Act. If you object to a foreclosure of the above-mentioned property on that basis then you or your attorney must file a written appearance and answer in this court at **Three Pemberton Square, Boston, MA 02106** on or before **November 7, 2016** or you will be forever barried from claiming that you are entitled to the benefits of said Act.

Witness, JUDITH C. CUTLER Chief Justice of this Court on September 26, 2016 Attest:

> Deborah J. Patterson Recarder

10/11/16

(DM 14-D15322)

NOTICE OF PUBLIC AUCTION

NOTICE IS HEREBY GIVEN THAT THE UNDERSIGNED WILL SELL AT PUBLIC AUCTION BY COMPETITIVE BIODING at 9:00 am on 10/26/2016 PS ORANGEGO, Inc., 432 Washington St. Waymouth, MA 02188. The personal goods stored therein by the below named occupant (s):

Unit	A030	Presente, Cheryl	Boxes, Bags, Totes
Unit	A033	Tantillo, Anthony	Boxes, Bags, Totes
Unit	A067	Scherber, Will	Boxes, Bags, Totes
Unit	A098	Scherber, William	Boxes, Bags, Totes
Unit	A130	Fleming, Lucas	Boxes, Bags, Totes
Unit	A174	Barrows, Jeffrey	Boxes, Bags, Totes
Unit	A248	Aiken, Helena	Boxes, Bags, Totes
Unit	A321	Celata, Joseph	Boxes, Bags, Totes
Unit	A375	Mahoney, Michael	Boxes, Bags, Totes
Unit	A415	Santos-Reilly, Roberto	Boxes, Bags, Totes
Unit	A437	Deangelis, Angela	Boxes, Bags, Totes
Unit	A456	Golden, Debra	Boxes, Bags, Totes
Unit	A550	Clarke, Donna	Boxes, Bags, Totes
Unit	A556	Canter, William	Boxes, Bags, Totes
Unit	A565	Grace, Cecella	Boxes, Bags, Totes

PURCHASES MISST BE MADE AT TIME OF SALE WITH CASH ONLY, ALI, GOODS SOLD "AS IS" and must be removed at time of sale, PS DRANGECO, INC. reserves the right to withdraw units from sale and to cancel auction without further notice. Kerniya Ross, agent for owners. Notice posted October 11th and October 18th 2016.

PS ORANGECO, INC. NOTICE OF PUBLIC AUCTION

NOTICE IS HEREBY GNEWTHAT THE UNDERSIGNED WILL SELL AT PUBLIC AUCTION BY COMPETITIVE BIDDING at 9:00 am on 10:25/2016 at PS ORANGECO, Inc., 87 Warren St. Randolph, MA 02:368. The personal people street begins by the halos transactions meet for

The per	sonal good	is stored therein by the below married oc	coupent (s):
Unit	A014	Lamy, Harry	BoxesBags, Totes, Misc.
Unit	A021	Reed, Jennifer	BoxesBags, Totes, Misc.
Unit	B016	Mathieu, Sheila	BoxesBags, Totes, Misc.
Unit	B018	Powell, Angela	BoxesBags, Totes, Misc.
Unit	B021	Diaz, Alexander	BoxesBags, Totes, Misc.
Unit	B023	Austin, Nigema	BoxesBags, Totes, Misc.
Unit	CD0B	Taylor, Joan	BoxesBags, Totes, Misc.
Unit	C013	Mass Construction & Management, loc	BoxesBags, Totes, Misc.
Unit	C016	Burton, Yvette	BoxesBags, Totes, Misc.
Unit	E002	Clark, Nicola	BoxesBags, Totes, Misc.
Unit	E029	Wornum, Heyward	BoxesBags, Totes, Misc.
Unit	E032	Robinson, Ann	BoxesBags, Totes, Misc.
Unit	E037	Williams, Johnnie	BoxesBags, Totes, Misc.
Unit	F022	Samaroo, Nyron	BoxesBags, Totes, Misc.
Unit	F025	Jean, Guirlene	BoxesBags, Totes, Misc.
Unit	F027	Pray, James	BoxesBags, Totes, Misc.
Unit	G001	Cooke, Rocheen	BoxesBags, Totes, Misc.
Unit	H039	Fuentes, Hugh	BoxesBags, Totes, Misc.
Unit	H045	Itzkowitz, Mark	BoxesBags, Totes, Misc.
Unit	1018	Bright, Cindi	BoxesBags, Totes, Misc.
Unit	1035	Walker, Brittany	BoxesBags, Totes, Misc.
Unit	1041	Adams, Shawn	BoxesBags, Totes, Misc.
Unit	J005	Pina, Ana	BoxesBags, Totes, Misc.
Unit	J025	Williams, Johnny	BoxesBags, Totes, Misc.
Unit	J034	Joyner, Charlene	BoxesBags, Totes, Misc.
Unit	J041	Mayala, Yrisha	BoxesBags, Totes, Misc.
Unit	J062	brown, robert	BoxesBags, Totes, Misc.
Unit	J066	Fredrick, Thelusma	BoxesBags, Totes, Misc.
Unit	K004	Hernandez, Santiago	BoxesBags, Totes, Misc.
Unit	K012	Berberena, Cherry	BoxesBags, Totes, Misc.
Unit	K015	Long, Maureen	BoxesBags, Totes, Misc.
Unit	K020	Okereke-Nwarkwo, Chicka P	BoxesBags, Totes, Misc.
Unit	K036	Davis, Eric	BoxesBags, Totes, Misc.
Unit	K046	Elanord, Esperance	BoxesBags, Totes, Misc.
Unit	K050	Phillips, Mia	BoxesBags, Totes, Misc.
Unit	U010	Etienne, Stephanie	BoxesBags, Totes, Misc.
Unit	L015	Daniels, M F Brandey	BoxesBags, Totes, Misc.
Unit	L027	Brown, Tracy	BoxesBags, Totes, Misc.
Unit	L048	Michel, Edwich	BoxesBags, Totes
PLONE LAND		receive the make one is not a controlled, outside any less	CHICA DALIN CARDOL 2 14

PURCHASES MINST BE MADE AT TIME OF SALE WITH CASH ONLY ALL, ECOODS SOLD "AS IS" and must be removed at time of sole, PS ORANGEOD, NO, reserves the right to withdraw units from sale and to careof suction without further notice. Kernlyn Ross, agent for devices. Notice posted October 13th and October 18th 2016.

SERVICES

PATIHIWAY WELLNESS SPA

Crispy FALL
But summer stays
with us...
Best MASSAGE in
Boston!

Make the CALLII

One Hour is \$59.00

The Sizzling Sunday Special

is \$50.00 for one hour

Hours: 10am - 9:00pm 617-481-2569

Two beautiful therapists from China take care of business giving you like "Best Massage in Boston Area"

Free on/off Street parking 33 Fayette St., Quincy, MA

Tax Problems???!!! ex- IRS Revenue Agent/CPA

www.davidrootcpa.com 617-335-2988

REDUCE YOUR CABLE BILL!

Get an All-Digital Satellite System installed for FREE and programming starting at \$19.99/mo. FREE HD/DVR upgrade for new callers,

SO CALL NOW 877-255-0353

CARS

Vehicles Wanted



AII CARS WORTH CASH UP TO \$500

Cars, Trucks and Heavy Equipment. IMMEDIATE PICK UP 24/7 No key, No title, No problem

Call now 617-678-6833

Stor II sodetto Ortado Datas

19

Across

- 1 By of (owing to)
- 5 Obi-Wan's foe
- 10 Journey parts
- 14 Curved molding
- 15 Hazard a guess 16 Light tan
- 17 Gravitate toward
- 18 Shows up
- 19 Whoopee!
- 20 List of typos
- 22 Fields
- 24 Cager Holman
- 25 Ancient story
- 26 Locating
- 20 Colffith or
- 30 Griffith or Zola
- 35 Pablo's aunt 36 Donne's "done"
- 37 Craze
- 30 What
- 38 What vines do 41 History warehouses
- 43 Hawke of "Alive"
- 44 Metal in pewter
- 45 Beluga delicacy
- 46 Almond confection
- 47 Diet alm
- 50 Go for a worm
- 53 Undercover org.
- 54 With skill
- 58 Abominable 62 Sherpa's sighting
- 63 Colder
- 66 Onetime Trevi Fountain coins

metro.us /games

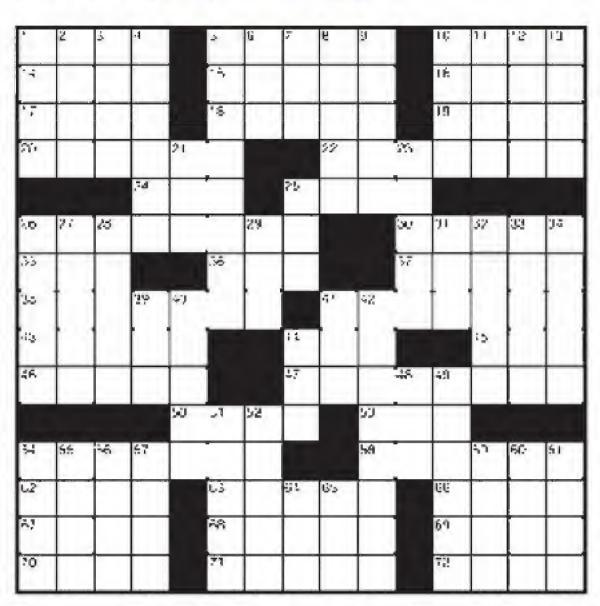
- 67 "Wish me --!"
- 68 Like days of yore
- 69To be, to Brutus
- 70 "Off the Court" author 71 Greenish-blues
- 72 Dizzy of baseball

Down

- 1 Mete out
- 2 Disney CEO Bob --
- 3 Kind of miss
- 4 Apartment dweller
- 5 Trade
- 6 Military addr.
- 7 Cloudy 8 Us, to Pogo

- 9 Odometer button 10 Beyond risque
- 11 Alpine comeback 12 Waxed
- 13 Drags into court
- 21 Make lace like granny
- 23 Attention-getters
- 25 Boss, briefly 26 Precipitous
- 27 Ship of 1492
- 28 Pledges
- 29 Society column word
- 31 "Diamond Lil" 32 Habituate
- 33 VIPs' transport
- 34 Slackens off
- 39 Thai temple
- 40 Feckless
- 41 Wire gauge 42 Tapestry beasts
- 44 My, my!
- 48 Halfway
- 49 Fastened shut
- 51 Economist -- Janeway 52 The seasons do it
- 54 Jean Auel heroine
- 55 ex machina
- 56 Draw on glass
- 57 Peak explorer? 59 Belgian river
- 59 beigian river
- 60 Livy's bear
- 61 Laid eyes on 64 Ms. Lupino
- 65 Conger

metro.us/crossword



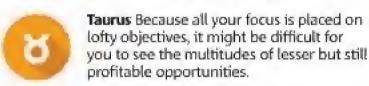
metro.us/sudoku

hard

		3			2			5
			8	6			4	
					9	2	1	7
				2	3		5	9
2								1
6	5		9	1				
4	8	1	7					
	7			8	4			
3			2			4		

metro.us/horoscopes

Aries You're in a better position career-wise than you might think. Though you might see only dark clouds ahead, don't retreat from doing what you should and can do.



Gemini A joint venture in which you're involved should be uppermost in your mind. Diverting your attention elsewhere could dilute your efforts.

Cancer There is a hard way to do things and an easy way. Even though you might recognize the difference, for some reason you'll make things tougher than they need to be.

Leo If you find yourself in the position of being unable to finalize an important project, don't make things worse by stewing over it.

Virgo Don't turn your household into a military installation. Harsh rules and commands won't be nearly as effective as making polite pleas.

Yesterday's answers



Can't wait until tomorrow to check your answers? Visit metro.us Libra Ro able m All you

Libra Remember, the mind is a remarkable mechanism for performing wonders. All you have to do is marshal your thinking to conquer doubt.

Scorpio Because of an inability to capitalize on a good opportunity, the biggest problem you'll have to contend with is accepting your shortcomings.

A.

Sagittarius It might be wise to analyze your desire for something material.

There's a chance you may be seeking it for the wrong reasons.

B

Capricorn You might be truly grateful to someone who does a favor for you, but unable to express your gratitude in a way you feel is adequate. Nonetheless, do your best.



Aquarius Disappointment is likely if someone for whom you do a favor is unable to adequately express his or her thanks. You'll feel better if you don't expect anything.



Pisces You're not a kid anymore. Stop shunning a former collaborator just because he or she erred in the past. Be the bigger person and forgive and forget. **EUGENIA LAST**

As the world's largest global newspaper, Metro has more than

18 million readers in more than 100 major cities in 23 countries.

• Metro Boston 234 Congress St., 4th Fl., Boston, 02110 • main 617-210-7905 • to advertise 617-210-7905 • Associate Publisher/Executive Sales Director Brian Cox, brian.cox@metrous • U.S. Circulation Director Toseph Lauletta • U.S. Marketing Director Wild Maunoir • email sales advisoron@metrous • email distribution distribution @metrous • Advertisements appearing in Metro are published in good faith. Metro does not endorse and makes no representations about any of the advertising content appearing in its pages. Metro is not responsible for any loss or damages whatsoever resulting from readers using the services of its advertisers. Readers should exercise caution when replying to advertisements, especially those which require any form of paymant, and, where necessary, should veek independent legal advice. • Editor in Chief Frank Burgos, frank Durgos@metro.us • Web Editor Oristabelle Turnola, cristabelle.lumola@metro.us • Sentor Editor Gay Kane, garykane@metro.us • Art Director Tullanne Aeris, Julianne, peris@metro.us • Sports Editor Matt Burke, matthewburke@metro.us • National Fea-

tures Editor/ Style Editor Tina Chadha, fina.chadha@metro. us • Entertainment/TV Editor Rachel Baczka, rachel raczka@metro.us • Film Editor Matt Prigge, matt.prigge@metro.us • Going Out Editor Eva Kis, eva.kis@metro.us • National Music Editor rachel.raczka@metro.us • Head of Production Matt. Prowell, matt.prowell@metro.us





It's never too late

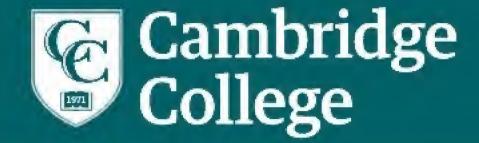
We make it possible for school to fit your busy life.

- Bachelor's Degrees
- Master of Education
- Master of Psychology & Counseling
- Master of Management
- MBA/Healthcare MBA
- Undergraduate and Graduate Certificate

Financial Aid Available • Online Classes • No GMAT Required

INFORMATION SESSION

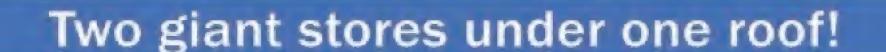
Thursday, October 13th at 6pm 1000 Mass. Ave, Cambridge, MA



CambridgeCollege.edu 1.800.829.4723



200 Broadway, Cambridge www.GarmentDistrict.com





200 Broadway, Cambridge www.BostonCostume.com

Two giant stores under one roof!



200 Broadway, Cambridge www.GarmentDistrict.com

Two giant stores under one roof!



Shop into the night for warm clothes or cool costumes.

Open 'til Midnight thru Halloween!



200 Broadway, Cambridge www.BostonCostume.com